



Stuffed Eggplant

READY IN



80 min.

SERVINGS



4

CALORIES



473 kcal

SIDE DISH

Ingredients

- ☐ 1 large eggplant
- ☐ 3 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon sea salt
- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 lb ground beef
- ☐ 1 cup onion diced
- ☐ 1 cup bell pepper diced red
- ☐ 3 cloves garlic finely chopped
- ☐ 0.5 cup parsley fresh chopped

- ☐ 0.5 cup basil fresh chopped
- ☐ 1.3 cups pecorino cheese grated
- ☐ 0.5 cup panko bread crumbs plain crispy
- ☐ 1 eggs whole
- ☐ 2 small tomatoes chopped

Equipment

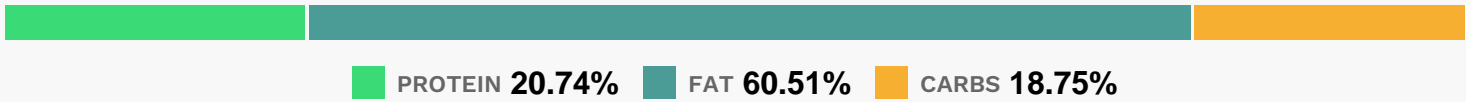
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 350°F.
- ☐ Cut the eggplant in half and scoop out the center, leaving enough meat inside the skin so that it holds its shape when baked. Chop eggplant that has been scooped out of the inside; place in saucepan, cover with water and boil until very soft, 10 to 12 minutes.
- ☐ Meanwhile, in a medium sauté pan, heat 1 tablespoon of the olive oil over medium heat. Salt and pepper the beef.
- ☐ Add the seasoned ground beef to the pan, and sauté until all of its liquid is evaporated and the beef begins to brown slightly.
- ☐ Let cool briefly, and chop the cooked beef so that there are no large chunks of meat. In another medium sauté pan over medium heat, add the remaining 2 tablespoons olive oil, and sauté the onion, pepper and garlic together in the oil.
- ☐ In a bowl, mix together the cooked eggplant, vegetables, beef, herbs, 1 cup of the cheese, 1/4 cup of the bread crumbs and the egg. Fill the scooped-out eggplant halves with this mixture, dividing it evenly between the two halves.
- ☐ Top with chopped tomatoes, the remaining 1/4 cup cheese, remaining 1/4 cup bread crumbs, and season with salt and pepper.
- ☐ Place on an oiled oven tray or baking dish, and bake for 50 minutes.

Let cool briefly; slice widthwise and serve.

Nutrition Facts



Properties

Glycemic Index:79.5, Glycemic Load:3.37, Inflammation Score:-9, Nutrition Score:29.233912830767%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg Quercetin: 8.58mg, Quercetin: 8.58mg, Quercetin: 8.58mg, Quercetin: 8.58mg

Nutrients (% of daily need)

Calories: 472.68kcal (23.63%), Fat: 32.24g (49.61%), Saturated Fat: 11.69g (73.05%), Carbohydrates: 22.48g (7.49%), Net Carbohydrates: 16.32g (5.93%), Sugar: 9.33g (10.37%), Cholesterol: 113.68mg (37.89%), Sodium: 786.79mg (34.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.86g (49.73%), Vitamin K: 153.84µg (146.51%), Vitamin C: 70.61mg (85.59%), Vitamin A: 2552.47IU (51.05%), Phosphorus: 430.59mg (43.06%), Calcium: 409.82mg (40.98%), Manganese: 0.6mg (29.78%), Vitamin B6: 0.57mg (28.31%), Vitamin B12: 1.69µg (28.13%), Selenium: 19.23µg (27.47%), Zinc: 3.98mg (26.54%), Fiber: 6.16g (24.62%), Vitamin B2: 0.39mg (22.7%), Vitamin B3: 4.49mg (22.47%), Folate: 89.63µg (22.41%), Potassium: 778.13mg (22.23%), Vitamin E: 3.21mg (21.38%), Iron: 3.2mg (17.76%), Magnesium: 62.96mg (15.74%), Vitamin B1: 0.22mg (15%), Copper: 0.24mg (12.19%), Vitamin B5: 1.21mg (12.08%), Vitamin D: 0.43µg (2.89%)